

## **SUGAR/CORN SYRUP ADDED TO BEVERAGE/FOOD/PACIFIER (411E)**

**PARTICIPANT TYPE**.....**INFANTS**  
**HIGH RISK**.....**No**

### **RISK DESCRIPTION:**

Adding sweet agents such as sugar or syrups to any beverage (including water) or prepared food or using on a pacifier.

### **ASK ABOUT:**

- Infant feeding practices common to a particular culture and/or region
- Cultural, religious, family and other influences on feeding practices
- Concerns related to infant constipation

### **NUTRITION COUNSELING/EDUCATION TOPICS:**

- Abundant epidemiologic evidence shows that sugar, especially sucrose, is the major dietary factor affecting dental caries prevalence and progression. Consumption of foods and beverages high in fermentable carbohydrates, such as sucrose, increases the risk of early childhood caries and tooth decay.
- Infants need nutrient-dense foods for proper growth. Giving foods, beverages, or pacifiers with sweet agents that are low in essential nutrients can reduce the infant's intake of appropriate nutrient-dense foods and cause anemia, poor growth, and tooth decay.
- Sugar and corn syrup should not be added to formula or food. If the infant's food is being made from the same food as the rest of the family, separate their portion prior to adding sugar, other sweet agents, and spices.
- The addition of corn syrup to infant formula to treat constipation has not been proven to be effective. Discuss typical intake patterns to determine adequacy of fluid and fiber intake.

### **POSSIBLE REFERRALS:**

- If the infant has visible tooth decay, parent reports tooth decay or you suspect the infant could have early stages of tooth decay, refer to a local dental office, the local public health department (public health hygienists) or Health Tracks (if on medical assistance) for additional screening and referral. More information about oral health services in ND can be found at <http://www.ndhealth.gov/oralhealth/>.